

Food Safety Test

Take the following test to see if your kitchen passes the food safety test! This is a fun and easy activity that kids can do together with their parents to measure their food safety knowledge.

1. The temperature in the refrigerator in our home is:
 1. 50 degrees Fahrenheit (10 degrees Celsius)
 2. 41 degrees Fahrenheit (5 degrees Celsius)
 3. Don't know

2. The last time you had a leftovers from a dish that included meat, what did you do with the leftovers?
 1. Let them cool to room temperature, then put them in the refrigerator
 2. Placed them in the refrigerator immediately after the food was served
 3. Left them sitting out at room temperature for several hours/overnight

3. The last time the kitchen sink drain and disposal in our home were sanitized was:
 1. Yesterday
 2. Last month
 3. Don't know

4. After using your cutting board for raw meat, what do you do before you start chopping other foods?
 1. Nothing, just start chopping
 2. Wiped the board with a dishcloth
 3. Washed the board with soap and hot water
 4. Washed the board with soap and hot water, then sanitized

5. The last time you ate a hamburger at home, how was it cooked?
 1. Rare
 2. Medium
 3. Well-done

6. The last time we made cookies at home, the dough was:
 1. Made with raw eggs, and I did sample some of it
 2. Bought at the store, and I did sample some of it
 3. I did not sample any dough until baked

7. How are the kitchen counters cleaned in your home?
 1. With water only
 2. With hot water and soap
 3. With hot water and soap, then bleach
 4. With hot water and soap, then a commercial sanitizing agent

8. How are dishes washed in your home?
 1. Cleaned by an automatic dishwasher and then air-dried.
 2. Left to soak in the sink for several hours, then washed with soap in the same water.
 3. Washed right away with hot water and soap in the sink and then air-dried.
 4. Washed right away with hot water and soap in the sink and towel-dried.

9. The last time I touched raw meat, I:
 1. Cleaned my hands by wiping them on a towel
 2. Rinsed them under hot, cold, or warm tap water
 3. Washed them with soap and warm water

10. How does your family defrost meat?
 1. Take it from the freezer and set it on the counter until thawed
 2. Take it from the freezer and place it in the refrigerator until thawed
 3. Take it from the freezer, microwave until thawed, then immediately cooked it

Answers to Food Safety Test

1. If you chose "B," give yourself two points. Refrigerators should stay at 41 F (5 C) or less, because it slows the growth of most bacteria.
2. If you chose "B," give yourself two points. Hot foods should be refrigerated within two hours after cooking - sooner if possible. Date leftovers so they can be used within a safe time. Generally, they will remain safe in the refrigerator for three to five days.
3. If you chose "A," give yourself two points. If you chose B, give yourself one point. According to the FDA, the kitchen sink drain, disposal, and connecting pipe should be sanitized periodically by pouring down the sink a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
4. If you chose "D," give yourself two points. Improper washing, such as with a damp cloth, will not remove bacteria. Washing only with soap and water may not be sufficient, either.
5. If you chose "C," give yourself two points.
6. If you chose "B" or "C," give yourself two points. The only bad answer here is "A." Eating homemade products containing raw eggs may put you at risk for a *Salmonella* infection. Commercial cookie dough is made with pasteurized eggs, so they are not a food hazard.
7. If you chose "C" or "D," give yourself two points. If you chose "B," give yourself one point. Bleach and commercial kitchen cleaning agents are the best sanitizers, but should be used only according to the manufacturer's instructions. Hot water and soap do a good job too, but may not kill all strains of bacteria.
8. If you chose "A" or "C," give yourself two points. Dishes should not be washed in water in which they have been soaking, because the food contributes nutrients for bacteria, which may multiply. When washing dishes by hand, experts recommend washing them within two hours and letting them air dry.
9. If you chose "C," give yourself two points. Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat.
10. If you chose B or C, give yourself two points. Bacteria can multiply rapidly at room temperature, so never thaw foods on the counter.

Rating Your Kitchen's Food Safety

20 points: A perfect score! You and your family can feel confident about the safety of the foods prepared and served in your home!

8 to 19 points: Although your family does observe many of the recommended food safety guidelines, they are still vulnerable to potential foodborne illnesses due to some risky behavior. Review the answers to the questions for which you did not score any points to see what corrective actions you can take to better protect your family.

8 points or below: You are at risk for foodborne illness due to the risky food safety practices followed in your home. Read through the answers to the questions above to see what corrective actions you can take to help protect your family.

